

## ABSTRACT OF THE DISCLOSURE

A wearable garment, usable by athletes, workers, and the elderly or infirm, incorporates an easily operated manual activator/switch located in a readily accessible position on the garment. A user wearing the garment can operate the switch by merely touching the appropriate location on the surface of the garment. The switch is electrically coupled to a signaling device, such that operation of the switch activates the signaling device to transmit a signal or signals for summoning help or identifying the geographic location of the bearer of the signaling device, or otherwise assisting the bearer. Pockets and/or other forms of support on the garment can be provided to assist in carrying signaling devices coupled to the switch as well as ancillary equipment such as power supplies. The switch can be incorporated into and enclosed within the structure of the garment to protect it from ambient conditions such as moisture or dust, and conductors or other cables can be made to extend outside the exterior of the garment structure so as to facilitate interconnection of the activator switch with necessary related equipment.